



Fleet and Industrial Supply Center - Norfolk, Virginia

# Supply Chest

March 11, 2005

Ready - Resourceful - Responsive!

Vol. 57 No. 5

## Special Olympian brings home the gold, silver, and bronze

It's been said that good things come in threes. For Chad Conner, son of Martha Conner, that saying certainly came true. Chad, a short track speed skater, won three medals recently at the 2005 Special Olympic World Winter Games in Nagano, Japan.

For Chad, 20, and his family, it was the experience of a lifetime. His journey to Nagano, site of the 1998 Winter Olympic Games, began 12 years ago when he began skating. More recently, he has trained at Chilled Ponds in Chesapeake. Before leaving for Nagano, he trained for one week at Copper Mountain, Colo. with the rest of his team before leaving for Nagano last month.

Chad competed in three events at Nagano, and won medals in all three. He won a bronze medal in the 333 meter race. He earned the silver in the 500 meter race. He won the gold medal in the 777 meter race. Even more impressive was the fact that he did as well as he did while wearing borrowed skates. His never made it to Japan because of a luggage mixup.

While competing on such a high level and earning three medals was a tremendous accomplishment, there were other highlights for Chad and his family. "Chad got to participate in the opening and closing ceremonies," explained Martha Conner, Chad's mother. "He skated before the Crown Prince of Japan. He lived with a Japanese host family. These are things that so many people would never get to do. It was just an amazing experience for him."



Chad Conner poses with his mother, Martha Conner, after Chad returned from competing in Nagano, Japan.

*continued on page 6*



## Navy sells boat to Air Force for weps testing mission

Several Code 401.1 boat employees recently coordinated a boat movement at Cheatham Annex. The 56-foot workboat was sold to the U.S. Air Force and is being shipped to Eglin Air Force Base, Fla. The U.S. Air Force is testing a new weapon system and purchased the boat so they could blow it up. One of the onsite NAVSEA contract employees will travel to Florida to assist with this project.

## From the COMFISCS Executive Director ... CMDP

One of the things I try to constantly emphasize at COMFISCS is the personal and professional growth of our employees. Deserving people should be given opportunities for growth, leadership and, of course, promotion.

When I get out and about within our claimancy, I see and hear from employees who are looking to climb the ladder. I came into the federal government as a warehouseman so I can empathize. That is why I strongly urge you to consider the Corporate Management Development Program (CMDP).

The purpose of CMDP is to develop leaders for the Naval Supply Systems Command enterprise who will enable us to better perform our mission of delivering combat capability through logistics. The core of this training program is focused on developing leadership skills. There are two CMDP programs: CMDP I is for employees in grades GS-11 and 12. CMDP II is for employees in grades GS-13 and 14. CMDP I is not a prerequisite for CMDP II.

The revamped CMDP I program removed the online learning portion and is based upon the successful Department of Agriculture Executive Leadership Program (ELP). CMDP I is comprised of a curriculum based on leadership best practices and includes two 60-day developmental assignments at locations relevant to the NAVSUP enterprise and our business. In addition, students also shadow a senior executive (grades GS-13 through SES) for a week and participate in five executive interviews. These developmental assignments can be done at almost any geographical location and help students gain a greater appreciation for the leadership skills required to achieve that next rung in the career ladder.

To be accepted for CMDP I, prospective students must submit an application. Applicants will be considered based upon their exhibited abilities in change management, project management, communications and world-class customer service. I know we have demonstrated excellence in all of these areas throughout the COMFISCS organization, so I expect to see our applicants accepted!

CMDP II is a more high-level course, based upon the also highly successful Department of Agriculture Executive Potential Program (EPP). It stresses leadership skills needed by senior managers and includes 60-day and 120-day developmental assignments. CMDP II



*Mr. Elliott Fields, COMFISCS Executive Director*

students shadow an SES executive for three days and also conduct five executive interviews. One of the great benefits of CMDP II is that graduates can enter into a referral program whereby they are automatically considered for senior management positions. Contrary to popular belief, there is no requirement that applicants sign a mobility agreement prior to attending the course.

I think these programs are a great way for NAVSUP to grow its future leaders of tomorrow. If you are looking for more responsibility, leadership opportunities and a chance to increase your promotion potential, I strongly urge you to contact your FISC's training department and inquire about CMDP.

For more information on ELP and EPP, you can visit the DOA Web site <http://grad.usda.gov/>.

Two handwritten signatures. The first signature is in dark ink and appears to be 'E. Fields'. The second signature is in lighter ink and is more stylized.

## Supply Chest

Fleet and Industrial Supply Center  
1968 Gilbert Street, Suite 600  
Norfolk, Virginia 23511-3392  
(757) 443-1013/14

Capt. Timothy J. Ross, SC, USN, Commanding Officer  
Bob Anderson, Public Affairs Officer/Managing Editor  
Jim Kohler, Editor  
Bill Pointer, Staff Photographer  
Steve Craddock, Staff Graphic Illustrator

This appropriated funds newspaper is an authorized publication for military and civilian personnel of the Fleet and Industrial Supply Center (FISC), Norfolk, and the Defense Distribution Depot (DDNV), Norfolk. It is published by the FISC Public Affairs Office, located in building W-143, Naval Station Norfolk. Contents of the Supply Chest are not necessarily the official view of, or endorsement by, the US Navy. The Supply Chest is a bi-weekly publication published in compliance with the provisions of NAVSO P-35. It is a member of the American Forces Press Service and is available on line at [www.nor.fisc.navy.mil](http://www.nor.fisc.navy.mil). Material may be reprinted if proper credit is given. Submit material to the FISC Public Affairs Office, Code 01, or call (757) 443-1014 DSN 646-1014; FAX (757) 443-1015. All material is subject to editing.



## FISC Fitness Forum ... Nine steps to toned legs

By SK2 Lorenzo Hill, FISC San Diego

*(This is part two of a three-part series)*

Start with leg curls...Most guys' quads are overly dominant so practice the pre-exhaustion principle. Do a few sets of leg curls at the start of your leg workout to build your hamstrings before you squat. Then use the squats to push the hamstrings even further. This will help them keep up with your quads and also help prevent injury.

Move the weight to the front during squats...It's easier to keep your back upright—and avoid injury—if you hold the weight across your chest and not behind your neck. This position also generates more power.

Stagger your squat stance every third workout... Simply move one foot a few inches ahead of the other. It will prevent your dominant leg from doing more than its share of the work.

Make like a one-legged Romanian...Single-leg Romanian deadlifts strengthen the hamstrings and create more flexibility. Stand holding a light dumbbell in your right hand. Lift your left leg off the floor and keep it close to your right leg. Bend forward at the hips to lower the weight to your right shin. Slowly stand up. Do two or three sets of 15 reps on each leg.

Squeeze your knees...This move works your hamstrings and glutes and will aid in preventing groin pulls. Lie on your back with your knees bent 90 degrees and your feet flat on the floor. Place a squeeze ball between your knees. Lift your hips until only your heels, upper back and head touch the floor. Pause, then lower your hips toward the floor without touching it and repeat.

Finish with walking lunges...Take large steps forward until the thigh of the front leg is parallel to the floor and the knee is over (not past) your toes.

Pedal your stationary bike with one leg...Pedal with one leg for 60 seconds, then switch. Then spin easily using both legs for 30 seconds. Repeat this six to eight times.



SK2 Lorenzo Hill

Warm up actively...Take your joints through a full range of motion to prepare for challenging workouts. Place your right hand on a doorjamb and swing your right leg forward (through the open door), then backward (bring your heel to your butt). This loosens your quads and hamstrings. Then swing your leg from side to side with your toes pointed down to stretch your thighs. Repeat with your left leg.

Change your center of gravity...Make balancing during a single-leg squat even harder by using your arms. Stand with your right foot slightly off the floor (don't move it behind you) and your right arm straight above you. Bend both knees to lower your body, then bend forward and reach for your left foot with your right hand. Return to the starting position, finish a set and repeat on the other side.

Split your cardio in thirds. Do three, 10-minute bouts on three different machines. You'll work more muscle mass and burn more calories.

## Entry to building W-143 now restricted at west entrance

Due to security issues, FISCN will be limiting access at the West end of building W-143.

After Sept. 11, 2001, our Security Division evaluated the FISC Norfolk security posture and determined that the entrance at the west end of Building W-143 (near the Logistics Support Center (LSC) and the Fleet Learning Resource Center (FLRC)) needed to be monitored and so, from that time until now, the command established a contract security post at that location. This was never considered to be the optimum solution because of access as well as cost concerns. Since that time we have been working on a more secure solution. This solution will utilize card readers, along with personal identification numbers (PINs), to control

access to the west end of W-143, in the place of the current contract employees. The card access option provides a significantly improved level of security. The implementation of this security system will eliminate the West End as a primary access point into W-143. Most employees and all visitors will use the main lobby entrance on the South side of W-143.

Proximity access cards have been issued to those employees designated to use the West End entrance. The electronic card and PIN reader is installed at a doorway leading from the West End lobby into the hallway (well), leading to elevators 9 and 11. This secured door will provide an acceptable level of security to the building and personnel.

Please note, ALL personnel can exit W-

143 through the west end doorways - during the day, at the end of the day and during emergency evacuations.

Personnel working in or visiting the LSC, as well as LSC customers, will still have access to those offices, but will not be able to use those offices as a thoroughfare into the building.

Students and visitors to the FLRC will enter the building through the front entrance (the south entrance), where they will sign-in at our front lobby desk. They will then be given directions to the FLRC on the first floor.

The command shuttle busses will continue to drop off and pick personnel up as they have in the past.

Your cooperation and understanding is appreciated.

**March 17th**

**11:30 - 12:30**

**Hampton Room**



**Women Change America**

# *Women's History Month* **Lunch & Learn**

## **Guest Speakers**

**Daniela D. Duff** - Supply Management Department - Ocean Terminal

**Aster Lyon** - Contracting

**Karen McDaniels** - Supply Management Dept - Ocean Terminal

**Patricia Munroe** - Contracting Department

**Marchetta A. Smith** - Contracting

**Susan C. Thornes** - Business Support Department - Workforce Development



## **Code 200 employees bring birthday wishes to students.**

FISC Norfolk, Code 200 employees, assisted the staff of Oceanair Elementary School with their February birthday party for all students that had a birthday in the month of February. Cynthia Brown, Lovato Ahmad, Karen Olszak, and Gay Robins watch as Oceanair's February Birthday guests enjoy their cake and punch. FISC Norfolk adopted Oceanair Elementary School several years ago. Volunteers assist with a variety of holiday programs at the school. They also visit the school monthly for the birthday celebrations.



## Speaking for the Fleet ... Advanced Education Vouchers

By **FLTCM(AW/SW) Jon R. Thompson**

The Navy is about to make good on a long-awaited commitment to its senior enlisted ranks. Advanced Education Vouchers will be awarded to a select group of Chiefs, Senior Chiefs and Master Chiefs who desire to further their education while on active duty. I believe this is a tremendous step in helping the Navy achieve a more educated senior enlisted population.

For years I have heard Chiefs ask why the Navy hasn't made it easier to obtain a degree. Under the CNO's Human Capital Strategy, I can say the doors are opening now faster than ever before. My question to you is: Are you going to apply for one of these vouchers? My sincere hope is that when the Master Chief Petty Officer of the Navy convenes the board to select the Chiefs who will be awarded vouchers, the input from the fleet will be overwhelming.

The Advanced Education Voucher Program was formally announced in NAVADMIN 291/04. The deadline for submission is March 10, 2005. If you are interested in applying, please consult the NAVADMIN because there are specific requirements you need to know about.

Instead of reiterating all the specific information in the NAVADMIN, I'd instead like to further discuss the need that drove the Advanced Voucher Program.

The training and experience you garner from a tour (or career) in the Navy is invaluable. However, for enlisted Sailors, a missing piece of the puzzle has often been formal education. Too many Sailors (all pay grades) have left the Navy only to be disappointed that they were not very competitive in the

civilian world because they had experience but no college. The Navy recognizes that and is now doing many things to help you gain that education.

I've spent a good deal of time listening to you and I think I know your feelings about education. My impression is those of you who further your education seem to have more opportunities. You also seem more confident and are less afraid of what may lie ahead when you depart the Navy.

One of the questions I sometimes get is, "why is the Navy going to make it mandatory for Sailors to obtain a college degree before they can be advanced?" While there is no single answer to that question, I tend to view this requirement in the following way: By the time you become a Master Chief, you are working side by side with flag officers, commanding officers and executive officers. Often a Master Chief has equal to or more time in the Navy than their bosses. However, when it comes to education, there tends to be a gap. Think of the potential of having our senior enlisted on the same education level as our more senior officers.

Education is not just about earning a degree. This requirement is not just a check in the block. Education expands one's mind and allows for more analytical thinking and creative problem solving. Navy experience is of course a large part of these processes, but it does not represent 100 percent of the pie.

The Advanced Education Voucher program is going to allow our Chiefs to compete for dollars to earn their education. Those who receive the vouchers will complete their baccalaureate or master's degree and then head back out to the fleet armed with more



**FLTCM(AW/SW) Jon R. Thompson**

knowledge and a better understanding of leadership and management. I can't think of a single reason why, provided your PRD matches up for the program, you wouldn't want to at least apply for this program. Talk about a jump start on your future!

Shipmates, whether you earn your education via the Advanced Education Program or you do it through other means, one thing is for sure — those of you who continue your education put yourself in the drivers seat. Tomorrow's Navy is going to look for Sailors who are not only great at their jobs, but also academically sound. Our future Master Chiefs will have degrees, and our top Master Chiefs will have master's degrees. My advice to everyone is to start on your education as soon as you can. The Navy is evolving - don't get left behind.

## FISC Norfolk Family News

*Editor's note: This is the first entry of what we hope will become a regular feature in the Supply Chest. If you or a member of your family has something to celebrate, has reached an important milestone, or received a significant award, we want to recognize you. We will also publish any military news about family members, as illustrated below. All of the entries in this issue are from the Global Distance Support Center.*

Kenneth Hiber is an ET1 in the U.S. Navy and the son of Pam and William Gaitley of the GDSC. Kenneth has recently been assigned to USS Tennessee in Kings Bay, Ga.

Justin Morris is an Airman in the US Air Force and the son of Sharon McPherson of the GDSC. Justin has completed the first phase of his studies in intelligence at Ft. Huachuca, Ariz. He is now completing phase-2 in Pensacola, Fla.

U.S. Marine Lance Cpl. Eroll Jackson Jr., son of Eroll and Tawanna Jackson of the GDSC, began his 3rd tour in IRAQ in February 2005.

### GDSC Birthdays in March

Anita Pass.....March 8th  
David Foote.....March 10th  
Sharon McPherson.....March 26th

## The Supply Chest is published for people like... Darva Gruber

*Occupation* - Contract Specialist

*Place of birth* - Honolulu, Hawaii

*I graduated from* - Georgian Court University, Lakewood, N.J.

*I entered into civil service because* - After 20 years in the private sector, I thought my past experience would allow me to make a positive difference. Besides, I felt it was destiny. My first summer coop job in high school I worked for the Army Corps of Engineers (my dad was career Army), and now my husband is retired Navy. It just made sense.

*Hobbies* - I like to cook and entertain, fish, and enjoy writing (real letters, not emails).

*Pet peeve* - Tardiness

*If I could do it over, I would* - Have had a financial plan when I turned 18, instead of learning it after getting married, and having children. At least my children had savings accounts and mutual funds before they turned 18!

*I'd give anything to have met* - My great- great grandmother. She passed away at 103, and I would have loved to have learned her philosophy of life and health.

*Last good book read* - Lt. Gen. Claudia J. Kennedy's biography. She was the first woman brigadier general (I got to hear her speak) and she was very motivational.

*Favorite quote, motto, or phrase* - Whenever I have to make a choice, I ask myself, is this taking me closer or farther from my goal? Be it health, financial, emotional or spiritual goals.

*I wish I could stop* - Time - It is moving too fast!

*The one thing I like about myself is* - I am adventurous.

*I am most proud of* - My relationship with my husband and sons.

This May, I have the opportunity to serve a 90-day external rotation with the Navy International Program Office (IPO) in Washington, DC. This office will expose me to the international agreement process in joint multi-national programs through all levels



of the acquisition cycle. More importantly, I will be able to gain an appreciation for the Department of Defense's integral role in U.S. diplomatic efforts around the world, which will be invaluable when dealing with joint commands and customers throughout the Navy.

### Chad Conner from page 1

Between the opening and closing ceremonies, Chad had three days of preliminary competition and three days of medal competition. He even had time for some sightseeing. One of the local landmarks he was able to visit was the legendary Matsumoto Castle.

Despite his accomplishments in Japan, he still had one regret – he missed the Daytona 500. Chad is a huge NASCAR fan, and he wasn't able to watch his favorite driver, Jeff Gordon, in the first race of the season. "It's OK," said Chad. "He didn't do too well anyway." Chad was a little embarrassed to find out that he has his own Web page on the Special Olympics World Winter Games Website. To see Chad's page, go to [www.2005sowwg.com/gms/KP2CB8HE73Z4YHPZ.html](http://www.2005sowwg.com/gms/KP2CB8HE73Z4YHPZ.html). There, you'll be able to view all of his statistics from Nagano.

*Chad Connor's gold medal (right) was just one of three medals the 20-year-old speed skater won at the 2005 Special Olympics World Winter Games in Nagano, Japan. He won the gold for the 777 meter event there. The son of Martha Conner also won the silver medal in the 500 meter event, and the bronze medal in the 333 meter event.*







*DDNV Commander Capt. Bob Howard congratulates Sharmaine Beckett, transportation assistant, Code P, DDNV, after presenting her with a 30-year length of service pin and certificate.*



*DDNV Commander Capt. Bob Howard congratulates Marilyn Carpenter, traffic management specialist, Code P, DDNV, after presenting her with a 30 year length of service pin and certificate.*

## **DDNV congratulates employees for their continued service**



*DDNV Commander Capt. Bob Howard congratulates Steve Pittman, materials handler, Code P, DDNV, after presenting him with his 30-year length of service pin and certificate.*



*DDNV Commander Capt. Bob Howard congratulates Wilson Reid, material handler leader, Code P, DDNV, after presenting him with his 30-year length of service pin and certificate.*



*DDNV Commander Capt. Bob Howard congratulates Anthony Champion, motor vehicle operation, Code P, DDNV, after presenting him with a 30 year length of service pin and certificate.*



*DDNV Commander Capt. Bob Howard congratulates Delores Clemons, Code P, DDNV, after presenting her with a 35-year length of service pin and certificate.*



*DDNV Commander Capt. Bob Howard congratulates Thomas Danny Elliott, equipment specialist general, Code P, DDNV, after presenting him with a 35-year length of service pin and certificate.*



*DDNV Commander Capt. Bob Howard congratulates Leland White, distribution processing expeditor, Code P, DDNV, after presenting him with his 30-year length of service pin and certificate.*



*DDNV Commander Capt. Bob Howard congratulates Albert James, motor vehicle operator, Code P, DDNV, after presenting him with a 35-year length of service pin and certificate.*

**Bravo Zulu**





## Bravo Zulu



FISC Norfolk Commanding Officer Capt. Tim Ross presents MMC(SW) David L. White with a "Master Training Specialist" certificate from the Chief of Naval Education and Training (CNET).



FISC Norfolk Commanding Officer Capt. Tim Ross presents MM1(SW) Eddie Flowers with a Navy/Marine Corps Achievement Medal on behalf of his previous command, USS Mount Whitney (LCC 20).



FISC Norfolk Commanding Officer Capt. Tim Ross presents Lt.j.g. Vivian Greentree with a Navy/Marine Corps Achievement Medal at the end of her tour with FISC Norfolk.



DDNV Commander Capt. Bob Howard presents David Hinton with a Certificate for Military logistic Packing.



DDNV Commander Capt. Bob Howard presents Larry Stamps with his Certificate of Military Logistics Packing.

Bravo Zulu 